

What is Restorative Yoga?

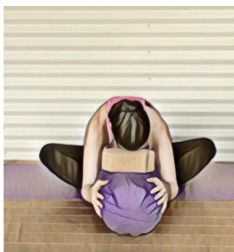
Restorative yoga is a gentle style of yoga that works to open and calm the body through passive stretching.

Tension is released from the body by comfortably relaxing into poses supported by props such as bolsters and blocks.

Restorative yoga stimulates the parasympathetic nervous system, which slows the heart rate, regulates the blood pressure and relaxes the body. It is believed to boost the immune system and accelerate the body's natural healing process. Restorative yoga is considered particularly beneficial for those suffering from

Anxiety
Insomnia
Depression
Poor Circulation
Digestive Problems
Stress Related Conditions

Prepare yourself for deep relaxation when you attend a restorative class. At the end of the session, your body feels open and refreshed, your mind feels calm and blissful.



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Restorative Yoga

Lake Spa Wellness Centre

1, Callaghan Dr, Charmhaven

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		9:30am to 11:00am				
6:30pm to 8:30pm						

Timetable subject to change. Check online for updates.

Single Class ~ \$20

5 Class Pass ~ \$90

10 Class Pass ~ \$170

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